

B O U L D E R C O U N T Y
F O R C E
S O C C E R C L U B

Volume 11, Issue 1, December 2005

Let me start out by wishing everyone a terrific 2005.

The Year 2004 In Review

JANUARY

Many thanks to Tournament Director **Hossein Tolooee** for his time and effort in making the 23rd edition of the BC Force Indoor Classic a success.

The 2004 Champions were:

Girls U14 Gold: Fort Collins
Boys U14 Gold: Westminster FC
Girls U14 Silver: Xtreme Sting
Boys U14 Silver: Sopris Rangers
Girls U13 Gold: BC Force Red
Boys U13 Gold: Colorado Rush
Girls U13 Silver: Stealth Magic
Boys U13 Silver: Greeley Bootleggers
Girls U12 Gold: TMSA
Boys U12 Gold: BC Force Red
Girls U12 Silver: CGSA
Boys U12 Silver: St Vrain
Girls U11 Gold: Westminster Foxes
Boys U11 Gold: BC Force Red
Girls U11 Silver: BC Force Red
Boys U11 Silver: Fort Collins
Girls U10 Gold: Colorado Rush
Boys U10 Gold: Fort Collins

Just a few updates:

FEBRUARY

Barb and **Gary Beals** traveled to Tucson, AZ with their U15 girls team and finished in second place. **Hardy Kalisher** took his U12 boys team to Las Vegas and reached the semi-finals.

The AGM was held this month in which new president **Peter Citarella** took over from outgoing president **Val Miller**. (Val, thanks for all your service to the club!)

John Welsch traveled to Holland and took a look in the kitchen of AZ, one of the top teams in Holland. **Hardy Kalisher** attended the NSCAA Coaches Convention. **Rob Johnson** participated in the NSCAA Goalkeeper Course in Omaha, NE.

The Girls U14 Red team (**Rob Johnson/Lucio Herrerra**) finished in 1st place, the Girls U12 White team (**Bryan Grigsby**) finished in 3rd place at the Sunbelt Classic.

MARCH

Start of league play. We have nine teams playing at the Premier level or higher.

We had an on-going club-wide juggling contest in which Haley Robertson was the winner with 1025 juggles. **Philip Greenberg's** Boys 17 White traveled to Dallas, TX to participate in a college showcase tournament.

APRIL

This is traditionally State Cup month. The Boys U18 Red team went undefeated in group play, however, they came up short in the quarter finals against Colorado Rush.

Our U10 program grew from the Fall season. We now have ten boys' and four girls' teams.

MAY

We had two league champions; Girls 13 Red (**Rob Johnson/Lucio Herrerra**) and Boys 11 Red(**Jeff Frykholm**). Several of our teams will move up a division; Boys 12 Red (**Kalisher**), Boys 12 White (**Hackbarth**), Boys 13 Red (**Welsch/Martin**), Girls 14 Red (**Johnson**) and Girls 14 White (**McDonald**).

The Boys' 14 Red, 13 Red and 12 Red teams chartered a bus and participated in the Sandia Cup in Albuquerque, NM. No trophies, but a great time for all participants.

The Girls U12 Red team (**Pat McGinnis**) traveled to Durango and won the Durango Shootout.

We introduced the BC Force Awards Night in which we recognized individuals for their outstanding play and/or service.

We introduced our very first Hall of Fame inductee; no other than **Alex Herzog**. A well-deserved honor to the man who started it all.

On the high school front, Fairview after an 11-3-3 season, lost in the second round of the play-offs.

JUNE

Tournament season in Colorado and after missing the previous year due to the drought, the return of the Rocky Mountain Cup. No shortage of water this year, in fact, cold and rain were dominating weather factors. Pleasant View held up extremely well despite the wet conditions.

Thank you's to **Val Miller, Barb** and **Bill Gougler** for their efforts in making this tournament a terrific event.

Here are the 2004 Rocky Mountain Cup champions:

Girls U17/19: BC Force Red

Boys U17/19: BC Force Red

Girls U16: BC Force Red

Boys U16: HUSA (IL)

Girls U15: St Vrain

Boys U15: Colorado Xtreme

JULY

Traditionally, somewhat of a slow month, however, several of our teams remained active. Both our U16 Boys' teams traveled to Europe to participate in the Budweis Cup in the Czech Republic and the Holland Cup in Holland.

Coaches **Kalisher, Vaheed Sevvom** and **Derek Leopold** escorted the boys during their travels. The Boys 16 Red team returned victorious with the Challenge Cup trophy.

Our U14 Girls Red team participated in the North Carolina Girls Soccer Camp.

AUGUST

We kicked off the new season with our In-House 6-vs-6 scrimmages at Pleasant View.

John Wood was introduced as one of our staff coaches. Our Red teams started practices under a new format at Foothills Park.

We had several winners in the Mile High Fest: Girls 18 Red, Girls 16 Red and Girls 13 Red.

League play starts and we have 12 teams playing at the Premier level or higher.

SEPTEMBER

The fall season is in full swing. State Cup competition has started and our Girls U16 Red

team manages to reach the quarter finals in which they lose to a strong Real Colorado team.

We currently have 33 former BC Force players playing at the collegiate level.

OCTOBER

The Alexander Dawson Boys' team had a good high school season. They reached the quarter-finals in the 3A classification, losing to Denver Christian.

NOVEMBER

Our fall champions are Girls 18 Red, coached by **Phillip Greenberg**; Girls 16 Red, coached by **Barb** and **Gary Beals**; Girls 15 Tar Heels, coached by **Megan McDonald** and Girls

13 Red, coached by **Heather Solar** and **Rob Johnson**.

The University of Colorado Women's team reached the second round of the NCAA play-offs, losing 0-3 to Portland.

Six of our alumni participated in the NCAA play-offs. **Dan Biggers** (Drew), **Matt Clausen** (Hamilton), **Patrick Huffer** (Williams), Jason and **Phillip Koshi** (St Lawrence) and **Kevin Owens** (Babson).

DECEMBER

Rob Johnson and **Heather Solar** traveled with the Girls U18 Red team to the Storm Showcase in Dallas, TX.

Thanks to all players, coaches, team managers and administrators for another great year.

A MESSAGE FROM THE HEAD COACH

The indoor training sessions at Off-the-Boards have been a tremendous success. Participation has exceeded expectations. Players have been able to hone up on their skills and the scrimmages have been well-played.

The deadline for the E and D Coaching Courses is Friday January 21st. Coaches who currently do not have a coaching license must obtain the E License (February 4, 5 and 6 at the Dawson School). If you currently have an E License, I highly recommend that you obtain the D License (February 4, 5, 6, 11, 12 and 13 at the Dawson School). BC Force will reimburse the registration fees after you've completed the course.

We will have our Pre-Season Coaches Meeting on Thursday February 10th at 6:30 PM at the East Boulder Rec Center (Senior Wing). Sports Psychologist TC North will conduct a program on Confidence coaching and training as well as High-Performance coaching for individuals and teams.

The start of the spring season will be Saturday March 5th. As soon as CSYSA has organized the Spring schedules, then Gretchen will send e-mail notices out to everyone.

Finally, a big thank you to Tournament Director **Hossein Tolooee** and all the volunteers who've made the 24th edition of the BC Force Indoor Classic a success. It's a lot of work, but when it's all over and done, it's a pretty cool event. So thank you for all your help.

2005 INDOOR CLASSIC WRAP-UP

Thanks to Hossein and Chris Tolooee for all their work during the 24th annual BC Force Indoor Classic.

Also a big thank you to all the volunteers who stepped up to make this a terrific event.

A lot of time and preparation by many people goes into making this event work. Some of the myriad of responsibilities are: scheduling of games, assigning the referees, setting up the fields, arranging Boulder Medical Center, etc.

So once again, thank you to everyone for their help.

Here are the 2005 winners:

Girls U14 Gold:
BC Force Red I and II (1st)

Girls U14 Silver:
Wheatridge Avalanche (1st)
Skyline Elite (2nd)

Girls U13 Gold:
TMSA (1st)
FC Westminster (2nd)

Girls U13 Silver:
BC Force Tar Heels (1st)
TMSA (2nd)

Girls U12 Gold:
Westminster FC (1st)
Aurora Sting (2nd)

Girls U12 Silver:
El Paso Pride Danger (1st)
BC Force Red (2nd)

Girls U11 Gold:
BC Force Red I and II (1st)

Girls U11 Silver:
Laramie Blizzard (1st)
Colorado Edge Diamonds (2nd)

Girls U10:
Arvada Electric Dolphins (1st)
CGSA (2nd)

Boys U14 Gold:
Colorado Rush (1st)
BC Force Red (2nd)

Boys U14 Silver:
Greeley Bootleggers (1st)
Cheyenne Sting (2nd)

Boys U13 Gold:
Xtreme Impact I and II (1st)

Boys U13 Silver:
Cheyenne Sting (1st)
Edge Select (2nd)

Boys U12 Gold:
BC Force Red I and II (1st)

Boys U12 Silver:
Fort Collins Arsenal I and II (1st)

Boys U11 Gold:
BC Force Red (1st)
Cheyenne Sting (2nd)

Boys U11 Silver:
Laramie Blizzard (1st)
Littleton Utd (2nd)

Boys U10:
Storm Titans (1st)
Arvada Edge (2nd)

CSYSA
2005 Tournament Schedule

February 26-27	Sunbelt Classic
May 13-15	Durango Shootout
May 21-22	Grand Mesa Invite
May 27-30	Real Colorado Cup
May 28-30	Glenwood Invite
May 28-30	Stenger Invitational
June 3-5	Aurora Invitational
June 3-5	FRIT
June 9-12	Colorado Rush Open
June 10-12	Arsenal Shootout
June 16-19	Storm Fireball
June 17-19	Rocky Mountain Cup
July 15-17	Steamboat Mountain
July 18-24	Pikes Peak Invite
July 26-27	Colorado Showcase
August 5-7	Pride Classic
August 11-14	Arsenal Cup
August 11-14	Rush Kickoff Classic
August 11-14	Storm Classic
August 18-21	Mile High Fest
October 1-2	Grand Mesa Fire

Please check the web sites of the various tournaments for registration deadlines. If you would like to receive additional information on any out-of-state tournaments, please contact Welsch at the office at 303-443-8877.

Just a reminder that this summer's Rocky Mountain Cup is open to all teams in the U10 through U19 age groups. I hope that all our teams will support our own tournament.

The deadline for State Cup applications for the boys U12 through U19 age groups is

February 25th. Unless I hear from you I will register the Red teams through the office.

League Alignment Spring 2005

Boys 18 Red	- Premier 1
Boys 18 Barca	- Premier 2
Boys 17 Red	- Premier 1
Boys 17 Barca	- Classic
Boys 16 Red	- Elite III
Boys 15 Red	- Premier 2
Boys 14 Red	- Premier 1
Boys 14 Barca	- Classic
Boys 14 Man U	- Challenge 1
Boys 13 Red	- Premier 2
Boys 13 Barca	- Classic
Boys 12 Red	- Premier 1
Boys 11 Red	- Premier 1
Boys 11 Barca	- Classic
Boys 11 Man U	- Challenge 1
Boys 11 Juve	- Classic
Girls 14 Red	- Classic
Girls 13 Red	- Premier 2
Girls 13 Tar Heels	- Challenge 1
Girls 13 Pilots	- Challenge 2
Girls 12 Red	- Challenge 1
Girls 12 Tar Heels	- Challenge 2
Girls 11 Red	- Premier 2
Girls 11 Tar Heels	- Challenge 1

This spring we have eleven teams competing at the Premier level or higher.

I'd like to welcome **Marcelo Balboa** and his U16 boys' team to the BC Force. This spring his team will play in the Elite III division.

Finally, I want to wish all our teams a successful spring season.

I thought I'd share the following Parent letter which was taken from the Positive Coaching Alliance website (www.positivecoach.org).

I think this is something that could be sent out to your parents prior to the start of the season.

To: Parents
From: Coach
Date:

This is an important document about the upcoming season. Please take the time to read it carefully. Thank you.

Our organization is committed to the principles of Positive Coaching Alliance and against a "win-at-all-cost" mentality. PCA calls a Positive Coach a "Double-Goal Coach." A win-at-all cost coach has only one goal, to win. A Positive Coach shares that goal (wants to win) but has a second goal that is even more important, to use the sports experience to help young athletes learn 'life lessons' and positive character traits that will help them be successful throughout their lives.

Help us promote the three PCA themes which have the power to transform youth sports so that sports can transform youth.

The three themes are:

Redefining 'Winner'
Filling the Emotional Tank
Honoring the Game

I. Redefining Winner

In professional sports (which is entertainment), there is only one goal - to win. However, in youth sports (which is education),

there is a second goal: to produce young people who will be winners in life.

To help our young people get the most out of competitive sports, we need to redefine what it means to be a 'winner'.

Here's what winners do:

They make maximum effort.

They continue to learn and improve.

They refuse to let mistakes (or fear of making mistakes) stop them.

This is called a Mastery Orientation. PCA says that the Tree of Mastery is an ELM Tree, where ELM stands for Effort, Learning and Mistakes.

If our athletes keep these things in mind, they will develop habits that will serve them well throughout their lives.

There is an added benefit. Athletes who are coached with a Mastery Orientation tend to have reduced anxiety and increased self-confidence. And when athletes feel less anxiety, they are more likely to have fun playing their sport and to do better.

Here's how you as a parent can help:

1. Tell your child about the ELM Tree of Mastery.
2. Let your child know you appreciate it when she tries hard even if she's unsuccessful.
3. Ask rather than tell. Ask open-ended questions to get him to talk.
4. Let the coaches coach. Tell your child you are proud of her regardless of the outcome.

II. Filling the 'Emotional Tank'

Research shows that the home team wins about 60% of the time because of the emotional support a team receives when it plays in front of

its own fans. We want our players to have a portable home team

advantage that they can take wherever they go.

The key is the 'Emotional Tank'. Like gas tanks in cars, we all have emotional tanks that need to be filled to do our best.

There will be times when you need to correct and criticize. Research has shown that a 'Magic Ratio' of 5:1 (praise to criticism) is ideal. When the ratio drops much below 5:1, athletes become discouraged.

Here's how you as a parent can help:

1. Your #1 job is to fill your child's Emotional Tank. Encourage him regardless of what happens in the game.
2. Try not to give your child a lot of advice which after a tough game can seem like criticism which drains a person's tank.
3. Use the '3-Pluses-and-a-Wish' technique. Before you give advice, find three good things about your child's performance. Phrase the advice as a wish:

- You really tried hard. (Plus #1)
- You encouraged your teammates well. (Plus #2)
- That pass you made to Jimmy was beautiful. (Plus #3)
- I wish you wouldn't get down on yourself when you make a mistake.

4. Remember the Magic Ratio. Praise your child 5 times for every time you criticize. If you

do, she will be better able to hear your criticism without becoming defensive.

III. Honoring the Game

Sportsmanship may seem like an out-of-date concept today when professional athletes and coaches act in ways we would not want our children to imitate. We intend to reverse this trend by 'Honoring the Game'.

Honoring the Game gets to the ROOTS of the matter, where ROOTS stands for respect for:

- Rules: We do not bend the rules to win. We respect the letter and spirit of the rules.
- Opponents: A worthy opponent is a gift that forces us to play to our highest potential. We try our hardest to win, but not at the expense of demeaning our opponents.
- Officials: We treat officials with respect even when we disagree.
- Teammates: We will not do anything that would embarrass our team.
- Self: We try to live up to our own standards regardless of what others do.

Here's how you as a parent can help:

1. Let your child know that you want her to honor the game. Discuss the meaning of each element of ROOTS with your child.
2. Be a good role model. Honor the Game when you attend games. Applaud good play from both sides. If, in your opinion, an officiating mistake is made, be silent.
3. Encourage other parents to Honor the Game.

Rob's Ramblings

As always, the coaches newsletter is done except for my article. I really do not have a full article's worth of one opinion. I do have many smaller articles. So here goes nothing.

The 24th annual BC Force Indoor Classic is officially done. It is two full weekends of fun, but a lot of work goes into it. I would like to say thank you to all of the people who helped with this event.

This winter we were able to have indoor training at the Off-the-Boards facility. It has been great for the players and for us coaches. I was able to spend time with some players who I have not seen much of this past fall. I really got a chance to work with some of the older boys teams.

This fall I was asked to become the Director of Coaching Goalkeepers for the Colorado Olympic Development Program (ODP). I've been involved in many training sessions and I've met some good coaches. I have also been able to watch some of the local college coaches run sessions, which resemble the practices we run with our players. So far I've had a great experience and the level of competition has been pretty good.

This Christmas, I received three new coaching books. I hope to have read them before the start of the spring season. The books deal with the philosophical and psychological aspects of coaching.

The new policy manual is finished. That means that now I need to read it.

The Colorado Rapids hired a new coach (Fernando Clavijo) and assistant coach (John Murphy). I saw Murphy in action at last year's coaching symposium and I was impressed with his knowledge.

All of the teams I follow in the European Leagues are doing poorly. In England, Nottingham Forest might drop to the second division. In Holland, De Graafschap is struggling and my favorite team, Hansa Rostock is at the bottom of the Bundesliga. So it's been kinda tough following those teams this year.

Since it is the new year, I have decided to make a few resolutions for 2005. Nothing big, really. Just some minor adjustments.

I will shake the officials' hand after every game. (This is for Lauren Hager)

I will make it a point to talk to the opposing coach prior to the game. (This is for Alex Herzog)

I will refrain from eating Krispy Kreme donuts for breakfast.

I will not yell at the officials during my games. (This is for Dannon Shiff)

I will no longer eat Chick-Filet sandwiches for lunch.

I will not over-coach during games. (This is for Welsch)

I will get in better shape. (This is for Laurie Johnson)

I will do a better job of keeping up with my personal e-mails. (This is for all my former players who e-mail me)

Well, that's about it for me. I will see all of our coaches soon enough with the start of outdoor practices coming up soon.

